



RECIPE BOOK

2020

Peek at the recipes included in this book! You are certain to find something that you will enjoy cooking and maybe even sharing at your next event. We have recipes that have been in families for generations, and recipes from other countries.

Created by: #TeamCove

Table of Contents

Beverages	4-5
Dougaritas	4
Sangria	5
Appetizers.....	6-7
Pizza Dip.....	6
Cranberry Brie Bites.....	7
Breakfast.....	8
Cheesy Tatter Tot Breakfast Bake	8
Main Course.....	9-27
Nico's Best	9
Tameka's Cajun Rice	10
Salvadorian Enchiladas	11
Russian Borsch.....	12
Mozzarella Stuffed Meatballs.....	13
Homemade Vietnamese Pho.....	14
Chicken Soup for the Soul with Matza Balls	15
Heather's Easy Shrimp & Green Beans.....	16
Creamy Garlic Shrimp	17
Chicken Parm Meatball Skillet	18
Pecan Tacos	19
Buffalo Chicken Cheesy Pasta.....	20
Sandi's Jambalaya.....	21
Fried Cabbage w/Bacon, Onion & Garlic	22
Steak and Chocolate Chili	23
Spicy Chicken Sandwich.....	24
Garlic Crusted Prime Rib Roast.....	25
Chenchen.....	26
Mangu.....	27
Side Dishes.....	28-29
Baked Macaroni & Cheese	28
Italian Pasta Salad.....	29
Desserts	30-37
Caramel Cream Flan	30
Patriotic Fruit Pizza	31

Dominican Sweet Beans32

Bread Pudding33

Angler & Ale Key Lime Pie34

Acorn Squash.....35

New Orleans Beignets36

Majarete37

Beverages

DOUGARITAS

INGREDIENTS:

- 1 Can of Bacardi Frozen Margarita Mix
- 1 Can of Cold Water
- ½ Can of Tequila (choose brand that is less expensive to mid-range)
- 1/3 Can of Triple Sec
- Rock Salt
- Lime
- Grand Marnier

NOTES:

A Doug Margerum Recipe

“We know from our Sunday School Training – give a man a fish, he will eat a meal, teach a man to fish, he will not be hungry”

Preparation time:

5 min

Cook time:

Total time:

5 min



DIRECTIONS:

1. Add margarita mix, water, tequila, triple sec together and shake.
2. Cut the lime and rub along edge of glass, dip in the salt and squeeze rest of lime into glass.
3. Add ice to glass and pour shaken mixture into glass leaving room for floater.
4. Add Grand Marnier on top.
5. ENJOY!!

Beverages

SANGRIA

INGREDIENTS:

- 3oz Fruity Red Wine
- 1oz Peach Snaps
- ½ oz Stoli Ras
- ½ oz Bacardi Limon
- 2 oz Lemonade
- 1 Lemon
- 1 Lime
- 1 Orange
- Sprite

NOTES:

A Vanessa Cabezas Recipe

Preparation time:

5 min

Cook time:

Total time:

5 min



DIRECTIONS:

1. Add the red wine, Peach Snaps, Stoli Ras, Bacardi Limon and Lemonade together in pitcher.
2. Add a splash of sprite.
3. Squeeze lemon, lime and orange juice into pitcher.
4. Add ice cubes.
5. Garnish with a fruit wedge on glass.
6. Serve and enjoy!

Appetizers

PIZZA DIP

INGREDIENTS:

- Cream Cheese
- Pizza Sauce
- Shredded Cheese Mix
- Oregano
- Tortilla Chips

Optional Toppings

- Pepperoni
- Sausage

NOTES:

A Vanessa Cabezas Recipe

Preparation time:

5 min

Cook time:

30 min

Total time:

35 min



DIRECTIONS:

1. Preheat oven to 350*.
2. Layer 9x13 baking dish with cream cheese.
3. Spread pizza sauce of cream cheese.
4. Cover with shredded pizza cheese mixture.
5. Sprinkle oregano over cheese.
6. Add optional toppings if desired.
7. Bake for 25-30 minutes.
8. Serve hot with tortilla chips.
9. Enjoy!

Appetizers

CRANBERRY BRIE BITES

INGREDIENTS:

- 1 Cup Cranberry Sauce
- ½ lb. Brie Cheese
- 1 Package Frozen Puff Pastry, Thawed

NOTES:

A Caitlin Shrum Recipe

* Other sweet toppings like raspberry jam, strawberry preserves or orange marmalade can be used in place of the cranberry sauce, making this an any-seasons appetizer.

Preparation time:

15 min

Cook time:

15 min

Total time:

30 min



DIRECTIONS:

1. Preheat oven to 375°F. With a pizza cutter, cut the sheets into approximately 3-inch x 3-inch squares. Press each square into a muffin cavity.
2. Cube the cheese - about a 3/4-inch cube for each. Place a cube of brie in the center of each puff pastry square. Top the brie with a small dollop (about 2 tsp) of cranberry sauce.
3. Bake about 10 minutes or until puff pastry corners are toasted lightly brown.
4. Let cool 5 minutes before serving. Can be enjoyed warm or cold!

Breakfast

CHEESY TATER TOT BREAKFAST BAKE

INGREDIENTS:

- 4 Slices Bacon, Cooked & Crumbled
- 1lb Ground Breakfast Sausage
- 2 ½ Cups Sharp Cheddar Cheese, Shredded
- 2 Cups Whole Milk
- 2 Extra Large Eggs or 3 Large Eggs
- ½ Tsp Onion Powder
- Pinch of Table Salt
- 2lbs Frozen Tater Tots
- 3 Tbsp Freshly Chopped Parsley for Garnish

NOTES:

A Nicole Britton Recipe

Preparation time:

10 min

Cook time:

45 min

Total time:

55 min



DIRECTIONS:

1. In a very large skillet, cook sausage on medium high heat, breaking up the meat and browning it. Once cooked through, drain and layer onto the bottom of a 9x13 inch baking pan.
2. Evenly sprinkle 2 cups of the cheese over cooked sausage.
3. In a large bowl, hand-whisk together the milk, eggs, pepper, onion powder, and salt. Once mixed, pour evenly over the cheese and sausage in baking dish.
4. Layer top with frozen tater tots. If not baking right away, cover tightly with foil and chill in fridge until the next morning.
5. When ready to bake, set oven to 350F with rack on lower middle position.
6. Once oven reaches 350F, place casserole in oven for about 35 minutes.
7. Top with additional ½ cup cheese, cooked/crumbled bacon, and bake another 5-10 minutes or until sides are bubbling and top is golden brown. Garnish with chopped parsley, let rest at room temp 10 minutes, and serve.
8. Enjoy!

Main Course

NICO'S BEST

INGREDIENTS:

- 1 Onion
- 1 Green Pepper
- 1 Red Pepper
- Handful of Chicken Strips
- 1 Tbs Olive Oil
- Parsley Flakes
- A Pinch of Salt & Black Pepper
- Bits of Bacon
- 8 Eggs
- Chicken Bouillon

NOTES:

A Gabe Boutin Recipe

Preparation time:

10 min

Cook time:

20 min

Total time:

30 min



DIRECTIONS:

1. Fry chicken strips in a pan with olive oil
2. While chicken is frying chop the onion, green and red pepper
3. Once chicken is golden add in bacon bits and chopped vegetables, sauté for about 15 minutes
4. In a separate bowl whisk together eggs, seasoning and chicken bouillon
5. On a medium flame, uncovered combine egg mixture with chicken/ vegetables until eggs thicken and there is no visible liquid egg remains, about 3-5 minutes. Flip if needed.
6. Serve immediately.

Main Course

TAMEKA'S CAJUN RICE

INGREDIENTS:

- 2 ½ Cups Chicken Broth
- 1 Cup Rice
- 3 Tbs Butter
- ¼ Tsp Paprika
- ¼ Tsp Cayenne Pepper
- ½ Tsp Oregano
- ½ Tsp Basil
- Chopped Celery
- Chopped Red Peppers
- Chopped Garlic
- Chopped Onions

NOTES:

A Tameka Bryant Recipe

Preparation time:

10 min

Cook time:

25 min

Total time:

35 min



DIRECTIONS:

1. Cook rice in chicken broth.
2. Sauté celery, onions, red peppers, garlic and onions in the butter until soft.
3. Add all spices and vegetables and mix well.
4. Add cooked rice to vegetable spice mix.
5. Add soy sauce for extra flavor to your liking.

If you would like to make this a meal add shrimp.

1. Sauté shrimp in old bay and butter
2. Add to rice and enjoy!

Main Course

SALVADORIAN ENCHILADAS

INGREDIENTS:

- 2 Cups Instant Corn Masa Flour
- 1 ½ Cups Warm Water
- 3 Tbsp Canola Oil
- 1 ½ Cup Old El Paso Traditional Refried Beans
- 2 Avocados, Sliced
- 1 ½ Cups Chopped Romaine and Red Cabbage Mix
- 3 Hard Boiled Eggs, Sliced
- ¼ Cup Diced White Onion
- 1 Pint Grape Tomatoes, Halved Lengthwise
- ¼ Cup Crema Salvadoreña (Salvadoran Sour Cream)

NOTES:

A Jackie Segovia Recipe

Preparation time:

15 min

Cook time:

30 min

Total time:

45 min



DIRECTIONS:

1. Place the instant corn masa flour in a large bowl. Using a mixer with a dough hook, mix the flour while streaming in the warm water continuously until a soft, dry dough forms.
2. Roll the dough into 3-inch balls. Place between two sheets of waxed paper and press with a pan until it is about 1/4 inch thick. Heat canola oil in a skillet.
3. Add the tortillas and cook 2-3 minutes on each side until golden brown.
4. Meanwhile, heat the refried beans in a small saucepan. Spread each warm tortilla with refried beans.
5. Top with avocado, lettuce and cabbage mix, onion, tomato, egg slices and a dollop of crema Salvadoreña.
6. Serve immediately and enjoy!

Main Course

RUSSIAN BORSCH

INGREDIENTS:

- 2-3lbs of chuck plus 1lb bones
- 1 Small Head of Cabbage, Shredded
- 2 Large Beets, Shredded
- 5 Carrots, Shredded
- 1 Large Onion, Shredded
- ¾ Cup Tomato Puree
- 1 Lemon, Juiced
- 2 Tbsp of Sugar
- 6 Cloves of Garlic, Minced
- 3 Large Potatoes, Peeled, Cut into Chunks

NOTES:

A Kirill Sergeev Recipe

*This soup actually tastes better the very next day. If you decide to serve it the next day, you can also remove any extra fat that has solidified on the top after being refrigerated.

Preparation time:

30 min

Cook time:

40 min

Total time:

1 hr 10 min



DIRECTIONS:

1. A good start to any soup is the meat. In this case we are using a good piece of chuck ON the bone. The bones give the borscht a ton of flavor and I actually like to get some bones without any meat on it.
2. You want to cut it up into slightly larger than bite size pieces. And place it into a heavy bottomed large pot.
3. Cover the meat with cold water and bring up to a boil. Leave about 4 cups of room at the top.
4. While your meat is coming up to a boil, get your veggies ready. Peel your carrots, onions and beets.
5. Now at this point you have 2 choices. You can shred all the veggies (except the potatoes and cabbage) in a food processor or hand shredder.
6. Set aside. Cut up your potatoes slightly larger than bite size. Otherwise they will fall apart in the soup.
7. Now, if we pay attention to our soup, you will notice all the scum has come on top. DO NOT LET THIS BOIL. Otherwise the scum will just spread throughout the soup. You want to carefully remove it with a slotted spoon.
8. Once you have a clean soup, here is the reason why you left some room at the top. You are going to pour in your entire shredded veggies WITH the water into the soup along with the potatoes. And add in your tomato puree as well.
9. Add in a nice helping of red pepper flakes. Add in salt, pepper, sugar, and the juice of half a lemon. Allow to simmer for 15 minutes.
10. In the meantime, slice up your cabbage. First you cut the head of cabbage in half. And remove the core.
11. Then you slice it thinly with a nice sharp knife. Feel free to do this in a food processor.
12. Add it into your soup. Also, add in 3 tablespoons of chopped dill and the garlic. Allow to simmer for about 15 more minutes.
13. Once the cabbage is nice and soft, taste the soup for flavor. We like it sweet and a bit sour. Feel free to add in more lemon juice, pepper, sugar, salt, whatever your heart desires.
14. Serve with a nice dollop of sour cream, nice sourdough bread and ENJOY!

Main Course

MOZZARELLA STUFFED MEATBALLS

INGREDIENTS:

- 1lb Ground Beef
- 1lb Hot Italian Sausage*
- 1 Cup Breadcrumbs
- 1 Tbsp Italian Seasoning
- 3 Eggs
- 3 Garlic Cloves, Minced
- 1 Tsp Salt
- ½ Tsp Pepper
- ½ lb Mozzarella (cut in cubes)
- Marinara Sauce

NOTES:

A Courtney Higgins Recipe

*Use mild sausage if spicy is not desired.

Preparation time:

30 min

Cook time:

2-6 hrs

Total time:

2.5-6.5 hrs



DIRECTIONS:

1. In a large bowl mix ground beef, Italian sausage*, breadcrumbs, Italian seasoning, eggs, garlic, salt and pepper.
2. Form into 2" balls.
3. Press a cheese cube into the middle and seal the meat around it.
4. In a 7-quart slow cooker, layer the entire bottom with marinara sauce and place meatballs in a single layer side by side.
5. Cover meatballs with marinara.
6. Cook on high for 2-3 hours or low for 4-6 hours
7. ENJOY!

Main Course

HOMEMADE VIETNAMESE PHO

INGREDIENTS:

Broth Ingredients

- 2lbs Beef Knuckles
- 2lbs Beef Bone Marrow
- 2 Whole Onions
- 3-4 Garlic Cloves
- 1 Large Ginger Root
- 1 Cinnamon Stick
- 1 Handful of Each
 - Cardamom
 - Star Anise
 - Coriander Seeds
- 1-2 Pinches of Salt
- 2-4 Tbsp Fish Sauce
- 1 Yellow Rock Sugar or Tsp Sugar
- Rice Noodle Packs

Toppings

- Thinly Sliced Sirloin Steak*
- Basil Leaves
- Cilantro
- Raw Onion Slices
- Jalapeno Slices
- Hoisin Sauce
- Sriracha Sauce

NOTES:

An Ashlyn Biassou Recipe

*Use whatever meat you prefer. Photo shows sirloin steak and oxtail.

Preparation time:

20 min

Cook time:

6-8 hrs

Total time:

6.5-8.5 hrs



DIRECTIONS:

1. In a large stewing pot, place your knuckles and bone marrow. Cover them with cold water and bring to boil. Let boil for about 10 minutes, you will see a fatty foam gather on the top. Drain and rinse with lukewarm water in a colander after 10 minutes.
2. Turn your oven on to broil. While that is heating up halve your whole onions, garlic, and ginger. Spread on a baking sheet and pop into the oven till they have a nice char.
3. While those are browning in oven, take your seasonings and brown them in a skillet. This should only take about 2-3 minutes.
4. Once the veggies in the oven are done, combine everything. Take your rinsed off meat, and roasted veggies and place them in the stewing pot. For the seasonings you can place them in a cheese cloth, but I prefer to leave them out, so the broth gets the most flavor.
5. Fill the pot about 3/4 full of water. Bring to boil. Once it is boiling turn the heat to low (2-3) and cover. Turn your timer on for 45 minutes and relax!
6. Once your first 45-minute interval has passed, stir the pot, add your salt/sugar and fish sauce. Stir and cover. Let the ingredients cook anywhere from 4-8 hours on a low heat, covered and stirring every 45 minutes.

To Assemble:

1. Cook your rice noodles in salted water per the instructions on your package and place in cold water once finished.
2. Place your noodles in bottom of the bowl, Raw meat slices on top, then pour boiling hot broth over top to cook the meat slices. Finish with other condiments and voila! Vietnamese pho at home!

Main Course

CHICKEN SOUP FOR THE SOUL W/MATZA BALLS

INGREDIENTS:

Chicken Soup

- 3lbs Chicken Bones
- 4 Carrots, Halved
- 4 Celery Stalks, Halved
- 1 Large Onion
- 1 Large Celery Root, Halved
- 1 Turnip, Halved
- 1 Container Chicken Stock
- 4-5 Parley Leaves
- Pinch of Salt & Pepper
- 1-2 Tbsp Garlic Powder
- 1-2 Tbsp Onion Powder
- Water to cover

Matza Balls

- ¾ Cup Matzo Meal
- 1 Tsp Baking Powder*
- ¼ Tsp Garlic Powder
- ¼ Tsp Onion Powder
- ¼ Tsp White Pepper (Optional)
- 3 Large Eggs
- 3 Tbsp Grapeseed Oil
- 1 Tbsp Minced Fresh Dill (Optional)
- 3-4 Quarts Soup Broth or Salted Water

NOTES:

A Sarah Mutterperl Recipe

*If making for Passover – use a Passover-certified kosher baking powder.

Preparation time:

10 min

Cook time:

20 min

Total time:

30 min



DIRECTIONS:

Chicken Soup

1. Put the chicken bones, all vegetables (peeled and halved) in a large soup pot and cover with vegetable stock or cold water.
2. Heat and simmer for about 2 hours on medium flame until soup is a dark and rich yellow (skim foam off every so often).

Matza Balls

1. In a small mixing bowl, use a fork to mix together the matzo meal, baking powder, salt, garlic and onion powder, and pepper.
2. In another bowl use a fork to mix together eggs and grapeseed oil.
3. Pour egg mixture into the dry ingredients and add the minced dill. Mix all ingredients together with a fork until well combined. Do not over mix.
4. Put the bowl of mixture into the fridge and let it rest 20-30 minutes.
5. Bring 3-4 quarts of salted water to boil over medium heat.
6. While water is warming, form the chilled mixture into 1" balls.
7. When water boils, reduce heat and simmer – drop the matzo balls gently into liquid.
8. Cover the pot and let cook for 30-35 minutes until fluffy and soft. Keep the pot covered – NO PEEKING!
9. Remove the matzo balls from the water and let come to room temperature before storing in container. If left sit in broth, they will become mushy.
10. If ready to eat – add matzo balls to chicken soup and enjoy!

Main Course

HEATHER'S EASY SHRIMP & GREEN BEANS

INGREDIENTS:

- 3lbs Uncooked Shrimp
- 2lbs Fresh Green Beans
- 3-4 Tsp Minced Garlic
- 5-6 Diced Jalapeno peppers
- ½ Bunch of Fresh Cilantro
- 2-3 Oz. Lime Juice
- Old Bay
- Olive Oil or Butter (your choice)

NOTES:

A Heather Lundy Recipe

Optional:

For a denser meal you can layer rice to the bottom of the meal. I have used white, brown, wild, lime cilantro and jasmine rice.

Preparation time:

10 min

Cook time:

20 min

Total time:

30 min



DIRECTIONS:

1. Boil or steam green beans to desired softness.
2. Lightly coat sauté pan with olive oil or butter.
3. Toss in garlic and peppers, sauté approximately 2 minutes. Do not allow them to get mushy!
4. Remove garlic and peppers, set aside in a large bowl.
5. Add more butter or oil (if needed) and shrimp to the pan, sauté until both sides are nice and pink. Continue this step until all shrimp is almost fully cooked.
6. Return garlic and peppers to the pan with the shrimp and sauté for approximately 2 more minutes.
7. Remove shrimp, garlic and peppers and place back in bowl.
8. Chop cilantro and add to shrimp mixture.
9. Add lime juice and desired amount of old bay.
10. Toss or stir until shrimp mixture is evenly coated with cilantro, lime, and old bay.
11. Plate green beans and spoon shrimp mixture on top.
12. Enjoy!

Main Course

CREAMY GARLIC SHRIMP

INGREDIENTS:

- 6 Cloves Garlic, Minced
- ½ Cup Fresh Grated Parmesan
- 2 Tbsp Unsalted Butter
- 1 Tbsp Olive Oil
- 1lb Shrimp (tails on or off)
- Salt & Pepper to taste
- ½ Cup Dry White Wine* or Chicken Broth
- 1 ½ Cups Reduced Fat Cream**
- 2 Tbsp Fresh Chopped Parsley

NOTES:

A Kristi Alfonso Recipe

*Use a good quality dry white wine such as a pinot griot or chardonnay.

-White wine can also be substituted for chicken broth or left out completely. The flavor in the sauce will be altered.

**Can use reduced fat cream (or light cream) for this recipe. Substitute with half and half if you wish, being careful not to bring the sauce to a boil or it may curdle. You can also use evaporated milk as a low-calorie substitution.

-Heavy or thickened cream may also be used and will not require thickening with cornstarch. Allow cream to reduce in a gentle simmer until thickened to your liking.

Preparation time:

10 min

Cook time:

20 min

Total time:

30 min



DIRECTIONS:

1. First heat oil in a large skillet over medium-high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.
2. Melt the butter in the same skillet. Sauté garlic until fragrant (about 30 seconds). Pour in the white wine or broth; allow to reduce to half while scraping any bits off the bottom of the pan.
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
4. Add the parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts and sauce thickens.
5. Add the shrimp back into the pan, sprinkle with parsley. Taste test sauce and adjust salt and pepper, if needed.
6. Serve over pasta, rice, or steamed veggies.
7. ENJOY!

Main Course

CHICKEN PARM MEATBALL SKILLET

INGREDIENTS:

- 1lb Ground Chicken
- ½ Cup Breadcrumbs
- ¼ Cup Freshly Grated Parmesan
- 2 Tbsp Freshly Chopped Parsley (plus additional for garnish)
- 4 Cloves Garlic, Minced
- 1 Large Egg
- Kosher Salt
- Freshly Ground Black Pepper
- 3 Tbsp Extra Virgin Olive Oil
- 1 (28-oz) Can Crushed Tomatoes
- 1 Tsp Crushed Red Pepper Flakes
- 1 ½ Cup Shredded Mozzarella

NOTES:

A Sonya Campbell Recipe

Preparation time:

10 min

Cook time:

20 min

Total time:

30 min



DIRECTIONS:

1. Preheat oven to 400*. In a large bowl, combine ground chicken, breadcrumbs, Parmesan, parsley, half the garlic, and egg and season with salt and pepper. Mix until fully combined, then form into meatballs.
2. In a large oven proof skillet, heat 1 tablespoon oil over medium heat. Add meatballs and brown each side, 5 minutes. Transfer to plate.
3. Add remaining 2 tablespoons oil to skillet. Add remaining half garlic and cook until fragrant, 1 minute, then stir in crushed tomatoes and red pepper flakes.
4. Bring to a simmer, then return meatballs to skillet. Top with mozzarella and bake until cheese is melted, and chicken is no longer pink, 10 minutes more.
5. Garnish with parsley before serving. Enjoy!

Main Course

PECAN TACOS

INGREDIENTS:

- 1 Cup Raw Pecan Halves or Pieces (or lightly toasted)
- 1 Tsp Pecan or Extra Virgin Olive Oil
- ½ Medium Onion, Diced (½ cup)
- 1 Tbsp Aminos
- 1 Tsp Cumin
- 1 Tsp Oregano
- ½ Tsp Chili Powder
- ¼ Tsp Garlic Powder
- ¼ Tsp Black Pepper
- 1/8 Tsp Cayenne
- Taco Seasoning (add to desired taste)

To Serve Add Ins (Optional)

- Corn Tortillas
- Tomatoes
- Green Onion
- Cilantro
- Jalapenos
- Lime
- Salsa
- Mexican Cheese
- Cooked Rice
- Black or Refried Beans

NOTES:

A Michelle Green Recipe

Preparation time:

Cook time:

Total time:

10 min

10 min

20 min



DIRECTIONS:

1. Soak pecans in water and aminos 2 cups each
2. In a pan over medium heat, add oil, onion, and spices. Cook about 4 minutes, until onion is translucent.
3. Add pecans and onion mixture to food processor and pulse until consistency of ground beef, about 8 to 10 pulses. Makes 1 cup taco "meat."
4. To serve: Use to make tacos with classic ingredients such as corn tortillas, shredded green/red cabbage, tomatoes, green onion, cilantro, jalapeños, lime, salsa, beans, and guacamole.
5. Enjoy!

Main Course

BUFFALO CHICKEN CHEESY PASTA

INGREDIENTS:

- 2 Cups Shredded Chicken Breasts (boil 1lb of chicken and shred)
- 8oz Cream Cheese
- ½ Cup Chicken Broth
- 1 Tsp Paprika
- 1 Tsp Garlic Powder
- ½ Tsp Black Pepper
- ½ Tsp Kosher Salt
- ¾ Cup Ranch or Blue Cheese Dressing
- 12oz Uncooked Penne Pasta

Optional Toppings

- Green Onions
- Crushed Red Pepper Flakes

NOTES:

A Caitlin Shrum Recipe

Preparation time:

15 min

Cook time:

12 min

Total time:

27 min



DIRECTIONS:

1. Add chicken to a pot and boil until cooked thoroughly. Once cooked remove chicken and shred.
2. Heat large skillet over medium heat.
3. Add the cream cheese, buffalo sauce and chicken broth and whisk until creamy.
4. Add paprika, garlic powder, black pepper, salt and stir to combine.
5. Add the ranch or blue cheese dressing and stir to combine.
6. Add the shredded chicken and stir to combine.
7. Allow to simmer for 10 minutes on low heat.
8. While sauce is simmering, bring a large pot of water to boil. Add the penne pasta and cook according to directions.
9. Drain the pasta and add to the cheesy buffalo chicken sauce and stir to combine.
10. Plate and add toppings of desire.
11. Serve hot and enjoy!

Main Course

SANDI'S JAMBALAYA

INGREDIENTS:

- 3lbs Meat
 - Sausage (Kielbasa and or Andouille) and Chicken
- 3-4 Celery Stalks, Diced
- 2 Jalapeno Peppers, Diced
- 1 Onion, Diced
- 2-3 Cloves Garlic, Diced
- 1 (14.5oz) Can Fire Roasted Tomatoes
- 2 Cups Uncooked Rice
- 4 Cups Chicken Broth
- 2 Tbsp Worcestershire Sauce
- 1 Tbsp Creole Seasoning
- 1 Tbsp Cooking Oil
- Tabasco Sauce (to taste)
- Black Pepper (to taste)

NOTES:

A Sandra Hagen Recipe

*This recipe has been in my family for a few generations and is a favorite at church events and potlucks and especially great on a chilly day! The best part is that you can really make it your own by customizing the ingredients to fit your taste.

Preparation time:

15 min

Cook time:

45 min

Total time:

1 hr



DIRECTIONS:

1. Cut sausage up into bite size pieces and place in large stock pot. Cook on medium-high heat until heated through. Remove from heat.
2. Add cooking oil and chicken. Sauté until cooked through.
3. Add sausage back into pot.
4. Add in all of the cut-up vegetables. Cook until onion is clear.
5. Add can of tomatoes, Worcestershire Sauce, Tabasco Sauce, Creole Seasoning, and pepper. Mix well and cook on medium-low heat for 15 mins.
6. Add chicken broth and uncooked rice. Bring to a boil and then simmer on low until rice is cooked through - stirring occasionally. Approx. 25-30 mins.
7. Serve with bread and a glass of sweet tea and ENJOY!

Main Course

FRIED CABBAGE W/ BACON, ONION & GARLIC

INGREDIENTS:

- 6 Slices Bacon
- 1 Large Onion, Diced
- 2 Cloves Garlic, Minced
- 1 Large Head Cabbage, Cored & Sliced
- 1 Tbsp Salt (or to taste)
- 1 Tsp Ground Black Pepper
- ½ Tsp Onion Powder
- ½ Tsp Garlic Powder
- 1/8 Tsp Paprika
- Carrots (optional)

NOTES:

A William Beard Recipe

*Note – do get some carrots in the mix, that just adds a little something extra to the dish.

Preparation time:

Cook time:

Total time:

5 min

30 min

35 min



DIRECTIONS:

1. Cook the bacon in a large skillet over medium heat until crispy and cooked through.
2. Remove the bacon and place it on paper towels to drain. Chop into crumbles.
3. Stir garlic and onion into the skillet with the bacon grease and cook, stirring often, for 5 minutes, or until tender.
4. Now add the cabbage immediately and continue and continue cooking for another ten minutes, or until softened.
5. Add the bacon crumbles on top, 1/3 cup of water as needed to steam the cabbage, salt and pepper to taste, onion powder, garlic powder and paprika.
6. Stir to combine, lessen the flame, and cook for another couple of minutes or until the liquid evaporates, and keep stirring at regular intervals.
7. Taste and re-season if needed. Serve immediately. Enjoy!

Main Course

STEAK AND CHOCOLATE CHILI

INGREDIENTS:

- 1lb Chuck Roast, 1" Chunks
- 1/2lb Ground Beef
- 1 Cup Chopped Onion
- 2 Cans Diced Tomatoes
- 2 Cans Black Beans (drained & rinsed)
- 1 Can Kidney Beans (drained & rinsed)
- 1 Can Whole Kernel Corn (drained & rinsed)
- 1 Can Diced Chilis
- 1 Cup Hot Water
- 1 Cup Chicken Stock
- ¾ Cup Semi-Sweet Chocolate Chips
- 3 Tbsp Brown Sugar
- 3 Tsp Chili Powder
- 1.5 Tbs Cumin
- 1 Tsp Oregano
- 2 Tbs Masa Harina
- 2 Tbs Olive Oil
- 12 oz Sour Cream
- Sour Cream & Shredded Cheddar Cheese for Garnish

NOTES:

A Nicole Britton Recipe

Preparation time:

45 min

Cook time:

3 hrs

Total time:

3 hrs 45 min



DIRECTIONS:

1. Mix 1 tsp. chili powder, 1/2 tbsp. cumin, 1/2 tsp. oregano, 1/2 tsp. salt, and masa harina. Use flour mixture to coat the chuck roast.
2. Meanwhile heat the oil in 5.5 qt Dutch oven over medium high heat. Brown the roast and ground beef. Once the meat is browned, remove from the pan while leaving the fat.
3. While the meat is browning, combine the diced tomatoes and one can of black beans in a blender until smooth.
4. Cook onions until tender then add the tomato mixture, black beans, kidney beans, corn, chilis, water, stock, and remaining spices. Bring to a boil over high heat.
5. Then add the chocolate chips and brown sugar, reduce heat to low, cover, and simmer for 2.5 - 3 hours, stirring occasionally.
6. Remove about 3 cups of chili into a bowl and mix in the sour cream. Once sour cream is fully incorporated, place back in dutch oven and heat through.
7. Serve immediately. Serve with sour cream and cheddar cheese on top if desired. Enjoy!

Main Course

SPICY CHICKEN SANDWICH

INGREDIENTS:

- Vegetable Oil for Frying
- 1/3 Cup Reds Hot Sauce
- 1/3 Cup Water
- 1 Egg
- 1 Cup all Purpose Flour
- 2 ½ Tsp Salt
- 4 Tsp Cayenne Pepper
- 1 Tsp Coarsely Ground Black Pepper
- 1 Tsp Onion Powder
- ½ Tsp Paprika
- 1/8 Tsp Garlic Powder
- 4 Boneless, Skinless Chicken Breast Fillets
- Hamburger Buns

Optional

- Mayonnaise
- Tomato
- Lettuce
- Pickles

NOTES:

A Dan Kinkade Recipe

Preparation time:

5 min

Cook time:

15 min

Total time:

20 min



DIRECTIONS:

1. If deep frying, in a deep fryer or cast-iron pan, heat 6-8 cups of oil to 375 degrees. If pan frying, heat 1 ½ - 2 cups oil (about ½ inch in the pan) in a large, heavy bottomed frying pan.
2. In a large bowl, whisk together hot sauce water and egg and set aside.
3. In a shallow bowl, combine flour, salt, cayenne pepper, black pepper, onion powder, paprika and garlic powder.
4. Pat dry the chicken breast fillets.
5. Dip chicken in the hot sauce mixture, fully covering the chicken breast.
6. Take the chicken breast and dip in the shallow bowl, fully covering the chicken mix with the four mixture.
7. Repeat steps 5 and 6 twice on each chicken piece.
8. Once the fryer is heated, gently place the chicken in the oil and cook for 10-12 minutes or until chicken is fully cooked.
9. Place the chicken on the hamburger buns and top with mayonnaise, tomatoes, lettuce, pickles as desired.
10. Serve hot and enjoy!

Main Course

GARLIC CRUSTED PRIME RIB ROAST

INGREDIENTS:

- 2 Tbsp Freshly Minced Garlic
- 2 Tbsp Olive Oil
- 2 Tsp Kosher Salt
- 1 Tsp Freshly Ground Black Pepper
- 2 Tsp Fresh Thyme Leaves
- 5lb Boneless Prime Rib Roast

Creamy Horseradish Sauce

- 1 Cup Heavy Cream
- Pinch of White Pepper to Taste
- 1 Dash Tabasco Hot Pepper Sauce (optional)
- 3 Tbsp Prepared Horseradish

NOTES:

A Caitlin Shrum Recipe

Preparation time:

15 min

Cook time:

2 hrs

Total time:

2 hrs 15 min



DIRECTIONS:

1. Mix the freshly minced garlic, olive oil, kosher salt, black pepper, thyme in a small bowl until thoroughly combined.
2. Pat the seasoning mixes on both ends of the roast as well as the fat side. (The salt may not stick as well on the fat side, but do not worry about it.)
3. Preheat the oven to 500°F.
4. Set the seasoned roast on a roasting rack, bone-side down and fat-side up. Place the rack in a large roasting pan and insert your meat thermometer into the middle of the roast.
5. Place the roast into the preheated oven, uncovered, and cook for 5-6 minutes per pound.
6. Then shut the oven off completely, and **DO NOT OPEN THE OVEN DOOR FOR TWO HOURS.**
7. After two hours, check the temperature of the meat. If your thermometer reads 135-140°F, it is done! (If it is not quite to temp yet, just put it back in the oven at 375°F until it is done.)

Creamy Horseradish Sauce

1. Whisk the cream in a mixing bowl until it forms stiff peaks.
2. Season with the white pepper, hot sauce, and horseradish.
3. Stir gently until just combined and serve alongside your delicious prime rib!

Serve hot and enjoy!

Main Course

CHENCHEN

INGREDIENTS:

- 3 Cups Peeled, Cracked Corn
- 3 Tbsp Olive Oil or Butter
- 5 Cups Vegetable Broth,
Salted to Taste

NOTES:

An Elvis Sanchez Recipe

*Cracked corn is available under different names. You can find the finer one needed for this dish under the names “crushed corn” and “coarse cornmeal” or “coarse ground cornmeal”.

Preparation time:

30 min

Cook time:

45 min

Total time:

1 hr 15 min



DIRECTIONS:

1. Rinse the corn in abundant water to get rid of stray peels and excess starch.
2. Soak the corn in water for 2 hours. Drain all the water before cooking.
3. Add the cracked corn and cook and stir until it changes to a darker yellow color.
4. Add broth and cook over medium heat until all the liquid has evaporated.
5. Remove from heat and cover. Let settle for 5 minutes.
6. Fluff with a fork and serve (should be ‘al dente’).
7. Serve with chivo guisado and/or habichuelas guisadas and enjoy!

Main Course

DOMINICAN MANGU

INGREDIENTS:

- 4 Unripe Green Plantains
- 1 ½ Tbsp Butter
- ½ Red Onion
- 1 Tsp Vinegar
- 1 Tsp Garlic Salt
- 1 Pinch Salt
- 1 Tbsp Olive Oil
- 5 Cups Water

NOTES:

An Arlette Peralta Recipe

Preparation time:

35 min

Cook time:

20 min

Total time:

55 min



DIRECTIONS:

1. First cut both sides of your plantains and start peeling them. Make sure no black spots from the peel is left on them. Cut them into ½ -inch pieces.
2. Place the 5 cups of water in a stew pot with the cut and peeled plantains at high heat for 15 to 20 minutes.
3. Take out the plantains with ½ cup of the water they were cooked in and start mashing them.
4. Add the butter, garlic salt and salt. Mix it all together until you have a mashed potato consistency.
5. In a pan add the olive oil on medium heat with the ½ onion diced. When the onion turns translucent add the teaspoon of vinegar with a pinch of salt.
6. Finally serve the mangu (plantain mash) with the red onions on top. Enjoy!

Side Dishes

BAKED MACARONI & CHEESE

INGREDIENTS:

- ¼ Cup Butter
- ¼ Cup Flour
- ½ Box Cooked Elbow Macaroni
- 1 Small Onion, Diced
- 2 Cups Heavy Whipping Cream
- 2 Cups Shredded Colby/Monterey Jack Cheese
- 1 Cup Shredded Sharp Cheddar Cheese
- ½ Cup Panko Breadcrumbs
- 1 Tbsp Paprika
- 1 Tbsp Parsley
- Black Pepper to Taste

NOTES:

A Sandra Hagen Recipe

Preparation time:

10 min

Cook time:

35 min

Total time:

45 min



DIRECTIONS:

1. Preheat Oven Preheat oven at 375 degrees.
2. Melt butter in medium saucepan on medium-high heat. Add onion and pepper. Cook until onion is clear. Add flour and cook until paste is bubbling. Add heavy whipping cream. Bring to a boil stirring constantly. Remove from heat. Add Monterey Jack cheese until melted - stirring constantly.
3. Add cooked macaroni into a square baking dish. Mix cheese mixture into baking dish and toss with macaroni. Top with the shredded cheddar cheese and panko breadcrumbs. Garnish with paprika and parsley.
4. Bake uncovered for 30 mins until cheese on top is melted and cheese mixture is bubbling. Remove from oven and serve after resting for 5 mins.
5. Enjoy!

Side Dishes

ITALIAN PASTA SALAD

INGREDIENTS:

- 1 Green Pepper, Diced
- 1 Cucumber, Diced
- 1 Red Onion, Diced
- 2 Large Carrots (cut bite sized)
- ½ Container Cherry Tomatoes
- ½ Package Fresh Mozzarella Pearls
- 1 Cup Italian Dressing
- 1 Box Tri Color Rotini

NOTES:

A Sandra Hagen Recipe

*Optional:

Sliced Black Olives

Salami Slices, Halved

Preparation time:

5 min

Cook time:

10 min

Total time:

15 min



DIRECTIONS:

1. Cook Tri color rotini noodles, drain and cool.
2. Mix all ingredients thoroughly and serve chilled.
3. Enjoy!

Desserts

CARAMEL CREAM FLAN

INGREDIENTS:

For Caramel

- ½ Cup Sugar
- ¼ Cup Water

For Flan

- 4 Eggs Yolks
- 1 1/3 Cup Evaporated Milk
- 1 1/3 Cup Sweetened Condensed Milk
- 1 Tsp Vanilla

NOTES:

A Diana Rodriguez Recipe

Preparation time:

25 min

Cook time:

50 min + Chilling

Total time:

1+ hrs



DIRECTIONS:

How to make caramel for flan

1. Mix sugar and water and cook in a heavy saucepan over low heat until a thick, dark caramel syrup forms. Make sure it does not burn!
2. Pour carefully into 10" [25 cm] baking pan and spread all over. Cool down until the caramel hardens.

For the flan

1. Heat oven to 300 °F [150°C].
2. Mix together egg yolks, sweetened condensed milk and evaporated milk. Stir in vanilla. Sieve to get rid of undissolved egg parts. Pour carefully into baking pan, trying not to disturb the caramel layer.
3. Bake in hot water bath (bain Marie) in the oven for one hour or until a toothpick inserted in center comes out clean.
4. Cool down to room temperature. Loosen edges of flan, place a serving plate on top of the mold (one which will retain the syrup) and invert.
5. Chill before serving.
6. Enjoy!

Desserts

PATRIOTIC FRUIT PIZZA

INGREDIENTS:

Crust

- 2 ¾ Cups Flour
- 1 Tsp Cream of Tartar
- 1 Tsp Baking Soda
- ½ Cup Vegetable Shortening
- ½ Cup Butter, Softened
- 1 ½ Cups Sugar
- 2 Eggs
- 1 Tsp Vanilla Extract

Topping

- 2 (8oz) Packages Cream Cheese, Softened
- 1 Cup Sugar
- 2 Tsp Vanilla Extract

Fruit Layer

- 2-3 Packages Fresh Strawberries, Sliced
- 1 Package Fresh Blueberries
- 3-4 Bananas, Sliced

NOTES:

A Courtney Higgins Recipe

*You can simplify crust by using refrigerated Sugar Cookie Dough (like I do) 😊

*Does NOT have to be Patriotic. Use round baking sheet and add additional fruits of your choice such as kiwi, grapes, orange slices, pineapple, etc. to creatively arrange fruit pizza.

Preparation time:

30 min

Cook time:

10 min

Total time:

40 min



DIRECTIONS:

CRUST:

Preheat oven to 350 degrees. Whisk the flour, cream of tartar, baking soda and salt in a bowl. In a large separate mixing bowl, blend the vegetable shortening and butter together until thoroughly combined, and beat in 1 ½ cups of sugar, eggs and vanilla extract. Mix in the flour mixture to make a workable dough and spread the dough out in a rectangle shape onto an ungreased 12 x 17 baking sheet. Bake until very lightly browned 8 – 10 mins and allow to cool completely.

TOPPING:

While the cookie base is cooling, blend the cream cheese with the sugar and vanilla until completely smooth. Spread in a thin layer over the cooled crust.

FRUIT LAYER: Place the blueberries in a square in neat, closely spaced rows in upper left upper corner for stars. Arrange alternate stripes of strawberry slices and banana slices to create decorative American Flag. Slice and serve. Refrigerate leftovers.

ENJOY!

Desserts

DOMINICAN SWEET BEANS

INGREDIENTS:

- 1lb Dried, Dark-Red Kidney Beans (sorted and rinsed)
- Water
- 2 Cinnamon Sticks
- 8 Garlic Gloves
- 1-2 Medium ($\frac{3}{4}$ - 1 $\frac{1}{2}$ lbs) Batatas or Boniatos (Caribbean Sweet Potatoes), Peeled & Cut into 1" chunks
- 2 Cans (12 fl. Oz. each) Nestle Carnation Evaporated Milk
- 1 Cup Coconut Milk
- $\frac{3}{4}$ Cup Granulated Sugar
- $\frac{1}{2}$ Tsp Salt
- $\frac{1}{2}$ Tso Ground Nutmeg
- $\frac{1}{2}$ Cup Raisins
- Milk Crackers for Garnish (optional)

NOTES:

An Arlette Peralta Recipe

Preparation time:

10 min

Cook time:

1 hr

Total time:

1.5 hrs



DIRECTIONS:

1. Soak beans in a large bowl overnight in 6-8 cups of water; drain. Place soaked beans in large saucepan; add same amount of water. Cook gently over medium-low heat with lid tilted, stirring occasionally for about 1-1.5 hours or until beans are tender. Drain; set aside.
2. Bring 4 cups water, 1 cinnamon stick and 2 cloves to a boil in a large saucepan. Add batata chunks. Reduce heat to medium; cook for 12-15 minutes or until tender. Drain; reserve cooking water (this will be needed in next step). Remove spices.
3. Place about 1/3 of cooked beans in food processor; add 1/2 cup of reserved batata cooking water. Cover; process until thick paste is achieved. (Mixture should be the consistency of sour cream.) Over a large bowl, push pureed beans through fine mesh strainer to remove skins. Repeat with remaining beans and reserved batata water.
4. Bring evaporated milk, coconut milk, sugar, salt and remaining cinnamon stick and 6 cloves to a boil over medium heat in large saucepan. Reduce heat to low; cook, stirring frequently, for 15 minutes. Remove cloves.
5. Add bean puree, raisins, and nutmeg to milk mixture (mixture will be the consistency of oil). Cook, stirring frequently, for 10 minutes. Add cooked batatas; continue to cook, stirring frequently, for 10 to 15 minutes or the consistency of heavy cream. Remove cinnamon stick.
6. Enjoy!!

Desserts

BREAD PUDDING

INGREDIENTS:

- 5 Cups Granulated Sugar
- 5 Large Beaten Eggs
- 2 Cups Milk
- 2 Tsp Pure Vanilla Extract
- 3 Cups Cubed Italian Bread
(allow to stale overnight in a bowl)
- 1/5 Cup Packed Light Brown Sugar
- ¼ Cup (½ Stick) Butter,
Softened
- 1 Cup Chopped Pecans

For the Sauce

- 1 Cup Granulated Sugar
- ½ Cup (1 Stick) Butter, Melted
- 1 Egg, Beaten
- 2 Tsp Pure Vanilla Extract
- ¼ Cup Brandy

NOTES:

An Elvis Sanchez Recipe

Preparation time:

10 min

Cook time:

45 min

Total time:

55 min



DIRECTIONS:

1. Preheat the oven to 350 degrees. Grease a 13 by 9 by 2-inch pan.
2. Mix granulated sugar, eggs, and milk in a bowl; add vanilla. Pour over cubed bread and let sit for 10 minutes.
3. In another bowl, mix and crumble together brown sugar, butter, and pecans.
4. Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over the top and bake for 35-45 minutes, or until set.
5. Remove from oven.

Sauce

1. Mix the granulated sugar, butter, egg, and vanilla in a saucepan over medium heat.
2. Stir together until the sugar is melted.
3. Add the brandy, stirring well.
4. Pour over bread pudding.
5. Serve warm or cold and enjoy!

Desserts

ANGLER & ALE KEY LIME PIE

INGREDIENTS:

Crust

- 1 Cup Graham Cracker Crust
Crumbs
- ¼ Cup Melted Butter
- 1 Tbs Sugar

Filling

- 1 Tbs Key Lime Zest
- 14 oz Condensed Milk
- ½ Cup Key Lime Juice
- 5 Egg Yolks

Meringue

- 4 Egg Whites (room temp)
- 1 Tsp Vanilla
- ½ Tsp Cream of Tar Tar
- ½ Cup Sugar

NOTES:

A Steve Margerum Recipe

Preparation time:

10 min

Cook time:

17 min

Total time:

27 min



DIRECTIONS:

Crust

1. Combine all ingredients and press into pie shell

Filling

1. Preheat oven to 350 degrees
2. Combine lime juice, zest, egg yolks, and condensed milk, mix well
3. Pour into shell and bake 15 minutes or until set

Meringue

1. Beat Egg whites, vanilla and cream of tar tar to soft peaks
2. Gradually add sugar and beat to firm peaks
3. Place into pastry bag and star tip
4. Pipe onto cool pie, and toast with a blow torch
5. Serve with Raspberry puree
6. Enjoy!

Desserts

ACORN SQUASH

INGREDIENTS:

- 1 Acorn Squash
- 3 Whole Cinnamon Sticks
- 2 ½ Cups Golden Brown Sugar
- 2 ½ Cups Water

Preparation time:

10 min

Cook time:

2 hrs

Total time:

2 hrs 10 min



NOTES:

A Yensy Realegano Recipe

*An El Salvadorian Dish

DIRECTIONS:

1. Cut squash in half and clean out interior (take out all the seeds and stringy part). Cut each half in quarters (4 pieces).
2. In a medium saucepan on medium heat, combine sugar, cinnamon, water, and squash. Arrange the squash (skin down) in the saucepan in a way that allows all the squash to be almost covered in water.
3. Cook on medium heat for about 2 hours, checking on the squash every 30-45 mins making sure that it is not running out of water. Towards the end the sauce should be a light syrup.
4. Let the squash cool and the syrup thicken for about 10-15 mins before serving.
5. Serve with Vanilla ice cream or whip cream and enjoy!

Desserts

NEW ORLEANS BEIGNETS

INGREDIENTS:

- 1 Package (¼ oz) ACTIVE Dry Yeast
- ¼ Cup Warm Water (110*-115*)
- 1 Cup Evaporated Milk
- ½ Cup Canola Oil
- ¼ Cup Sugar
- ½ Tsp Salt
- 1 Large Egg
- 4 ½ Cups Self-Rising Flour
- Oil for Deep-Fat Frying
- Confectioners' Sugar

NOTES:

A Shaun Perry Recipe

Preparation time:

30 min

Cook time:

7 min

Total time:

37 min



DIRECTIONS:

1. In a large bowl, dissolve yeast in warm water.
2. Add milk, oil, salt, sugar, egg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky). Do not knead. Cover and refrigerate overnight.
3. Punch dough down. Turn onto a floured surface; roll into a 16x12-in. rectangle. Cut into 2-in. squares.
4. In a deep cast-iron or electric skillet, heat 1-inch oil to 375°.
5. Fry squares, in batches, until golden brown on both sides.
6. Drain on paper towels.
7. Roll warm beignets in confectioners' sugar.
8. Enjoy!

Desserts

MAJARETE

INGREDIENTS:

- 5 Ears Corn
- 1 (13.5oz) Can Coconut Milk
- 2 Cinnamon Sticks
- ¼ Cup Cornstarch
- 2 ½ Cups Whole Milk
- ¾ Cup Sugar
- 1/8 Tsp Salt
- Ground Cinnamon for Garnish

NOTES:

A Dislaynet Santana Recipe

*A Dominican Recipe:

This silky-smooth pudding, also known as Majarete, gets its robust corn flavor from two sources—steeping both fresh corn kernels and their cobs in coconut milk before turning it into a creamy custard.

Preparation time:

10 min

Cook time:

40 min + chill

Total time:

50 min



DIRECTIONS:

1. Cut the corn kernels from cobs (for 3¾ cups kernels). Reserve 3 cobs.
2. In a large pot, combine corn kernels, reserved cobs, coconut milk, and cinnamon sticks. Heat to a boil on medium-high. Reduce heat to simmer and cook 5 min., until corn is tender. Remove from heat. Cover and let stand, covered, 15 min. Remove and discard cobs and cinnamon sticks. Reserve pot.
3. In a blender, purée corn mixture until very smooth. Through a fine-mesh sieve, strain mixture into same pot, pressing on solids to extract as much liquid as possible. Discard solids.
4. In a medium bowl, stir together the cornstarch and 1 cup milk until cornstarch is dissolved. Stir cornstarch mixture, sugar, salt, and remaining 1½ cups milk into pot with corn liquid until well combined. Heat to a boil on medium-high, stirring often. Reduce heat to simmer and cook 5 min., until mixture coats the back of a wooden spoon, stirring and scraping bottom of pot often.
5. Pour mixture into a large bowl. Let pudding sit, stirring occasionally, until cool. Cover with plastic, pressing directly onto surface of pudding. Refrigerate until cold.
6. To serve, spoon into serving bowls and garnish with the ground cinnamon and enjoy!